FALLS

Keep Kids Safe at Every Age

Falls are the leading cause of unintentional injury for children. Falls happen in many different settings and to all age groups. Use the following safety tips to keep kids safe at every age.

Infants
- Infants begin to rollover at about 3 months of age, but every baby develops differently. Your baby could rollover earlier.
- Practice safety when changing diapers. Gather everything you need before you start. Use the safety strap on the changing table. Keep your hands on your baby at all times.
- Put your baby in a safe place, like a crib, when you are not holding him or her. Do not leave your baby on a couch, chair, or bed – the baby could roll off.
- Do not put infant seats or carriers on high surfaces. These include shopping carts, chairs, and tables.
- Do not use rolling walkers. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his or her head.
- Your baby may crawl as early as 6 months old. Use gates at staircases and close doors to keep your baby out of rooms where he or she might get hurt.

Toddlers
- Children have a hard time on stairs until about 3 years of age. Use gates at staircases to prevent falls.
- Secure top-heavy furniture to the wall using brackets or wall straps. Large items, including TVs, can fall off furniture onto children.
- Using window guards can keep children from falling out of windows. Close and lock windows whenever possible.

Pre-Schoolers through Primary School
- Many children are not that coordinated until they're 9 years old.
- Children should always wear a helmet when riding a bike, scooter, or anything with wheels.

Pre-Teens and Teenagers
- Make sure safety gear is worn for all activities and sports.

Bath Safety

Bath times can be fun, but it's important to be extra careful with kids in the bathtub.

Never leave a child alone in the bath. A young child can drown in only a few inches of water.

Keep a hand on infants at all times when they're in the bath tub.

Put a non-slip rubber mat or self-stick strip on the floor of the shower and tub to prevent falls.

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Sources: American Academy of Pediatrics, Safe Kids